



# WALDO COUNTY YMCA GROUP EXERCISE CLASSES

## January 2 - March 21, 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 6:45a.m. Morning Stretch <i>Glenn</i>	6:00 – 7:00a.m. Circuit/Interval <i>Glenn</i>	6:00 – 7:00a.m. Entry Level Yoga <i>Glenn</i>	6:00 – 7:00a.m. 360 <i>Glenn</i>		
	7:00 – 8:00a.m. Good Morning Yoga <i>Conny</i>	7:15 – 8:00a.m. Simple Conditioning <i>Anne</i>	7:15 – 8:00 a.m. Good Morning Yoga <i>Conny</i>	7:15 – 8:00 a.m. Simple Conditioning <i>Anne</i>	7:00 – 8:00a.m. Good Morning Yoga <i>Conny</i>	7:45 – 8:45a.m. Y-Cycling <i>Dan</i>
			8:15 – 8:45a.m. Going Strong <i>Anne</i>			
	9:00 – 10:00a.m. Cardio Step <i>Tamera</i>	9:00 – 10:00a.m. Interval Training <i>Susan</i>	9:00 – 10:00a.m. Cardio Fusion <i>Tamera</i>	9:00 – 10:00a.m. Pilates on the Mat <i>Jane</i>	9:00 – 10:00a.m. Cardio Fusion <i>Sophie</i>	9:00 – 10:00a.m. Zumba <i>Kristen</i>
	10:15 – 11:15a.m. Dynamic Definition <i>Tamera</i>	10:15 – 11:15a.m. Forever Fit <i>Tamera</i>	10:15 – 11:15a.m. Dynamic Definition <i>Tamera /Sophie</i>	10:15 – 11:15 a.m. Zumba® <i>Tamera</i>		
	11:30 – Noon Going Strong <i>Anne</i>	11:30 – 12:15p.m. Dance Beats <i>Sheri</i>		11:30 – 12:30p.m. Beyond the Basics Line Dancing <i>Debbie</i>	11:30 – Noon Going Strong <i>Sophie</i>	11:15 – 12:15p.m. Tai Chi <i>Dave</i>
1:00 – 2:00p.m. Zumba <i>Kirsten</i>	12:30 – 1:30p.m. Pedaling For Parkinson's	12:30 – 1:20p.m. Petite Ballet <i>Michele</i>	12:30 – 1:30p.m. Pedaling For Parkinson's		12:30 – 1:30p.m. Pedaling For Parkinson's	
	2:00 – 3:00p.m. Lifetime Fitness <i>Tamera</i>		2:00 – 3:00p.m. Lifetime Fitness <i>Tamera</i>	1:15– 2:00p.m. Room closed for preschool class	2:00 – 3:00p.m. Lifetime Fitness <i>Tamera</i>	
	4:30 – 5:00 p.m. Body by Hoop (starts 3/9) <i>Judith</i>			4:00 – 5:15p.m. Yin Yoga <i>Dawn</i>	4:30 – 5:30p.m. Zumba <i>Tamera</i>	
	5:10 – 5:40p.m. HIIT <i>Sophie</i>	5:10 – 6:10p.m. Cardio Step <i>Tamera</i>	5:15 – 6:15p.m. Dynamic Definition <i>Jane</i>	5:30 – 6:30p.m. Y-Cycling <i>Monet</i>		
	5:45 – 6:15p.m. Core Training <i>Sophie</i>					
	6:30 – 7:30p.m. Y-Cycling <i>John</i>	6:20 – 7:20p.m. Vinyasa Flow Yoga <i>Amy</i>	6:30– 7:30p.m. Y-Cycling <i>Serena</i>			

### Helpful Information and Pricing:

- Participants may register two weeks prior to the start of any program except cycling.
- Instructors & class times are subject to change, based on availability and number of participants.
- Classes are held in our Wellness Room unless otherwise noted.
- Must be ages 14 & up to participate in a General Fitness Class.
- General fitness classes are **FREE** to Annual Members.
- Specialty classes are in shaded boxes and have an additional fee.
  - ⇒ Class fee must be paid before attending classes, bring receipt of payment for class admittance.
- **3-Month & Non-Member Pricing:**
  - ⇒ \$110 - 12 week session
  - ⇒ \$ 84 - 12-Class Card - Instructor will punch the card for each class. Cards are non-refundable.
- **Drop in Pricing:**
  - ⇒ \$10 - per 60 min. class
  - ⇒ \$ 8 - per 45 min. class
  - ⇒ \$ 6 - per 30 min. class

## GROUP EXERCISE CLASSES - General Fitness Classes are FREE to Annual Members

### **360** 60 min. Glenn Veevaert

Strength, cardio, and core training in a non-choreographed format. All fitness levels welcome.

### **Body by Hoop** 30 min. Judith Tingley

Learn how to use a weighted hula hoop to whittle your waist & tone your thighs & arms!

### **Cardio Fusion** 60 min. Tamera Blades/Sophie Pfander

Step, hi/lo aerobics, kickboxing, intervals and ab work.

### **Cardio Step** 60 min. Tamera Blades

A high-energy aerobic workout using a step platform, ab work & stretching.

### **Circuit/Interval Training** 60 min. Glenn Veevaert

A mix of strength & cardio at a moderate to high intensity.

### **Core Training** 30 min. Sophie Pfander

Exercises for the abs, back, glutes & thighs.

### **Dance Beats** 45 min. Sheri McHenry

A variety of dance rhythms created for the Active Older Adult or the beginner participant. Easy, fun and effective form of dance fitness!

### **Dynamic Definition** 60 min. Tamera Blades/Jane Veevaert

Work your entire body in full range resistance exercises that increase strength, muscle tone & flexibility.

### **Entry Level Yoga** 60 min. Glenn Veevaert

A low-key approach to breathing, movement, balance, and flexibility combining mat and standing poses. Emphasis on present moment and body awareness.

### **Forever Fit** 60 min. Tamera Blades

Low-impact aerobics, core strengthening & stretching.

### **Going Strong** 30 min. Anne Rothrock/Sophie Pfander

A total body workout combining elements of cardio, muscle conditioning, balance and flexibility.

### **Good Morning Yoga** 60 min. Conny Hatch

An all-levels class, beginners welcome!

### **HIIT** 30 min. Sophie Pfander

High intensity interval training.

### **Interval Training** 60 min. Susan Wieman

Raise your heart rate with a mixture of step aerobics, strength training, abdominal work and stretching.

### **Lifetime Fitness** 60 min. Tamera Blades/Sophie Pfander

Age 50+ or beginners. Includes aerobics, muscle strengthening, balance, and stretching.

### **Morning Stretch** 45 min. Glenn Veevaert

Stretching and movement that emphasizes breathing, mindfulness, and awareness.

### **Pedaling For Parkinson's** 60 min. Instructors vary

Y-Cycling specifically for people with a clinical diagnosis of Parkinson's. An intake interview with the fitness department is required prior to participation.

### **Pilates on the Mat** 60 min. Jane Veevaert

Learn creative ways to isolate, strengthen and stretch every muscle of the body in a functional & effective way.

### **Simple Conditioning** 45 min. Anne Rothrock

Blending balance, strength, and movement. Movement that matters for active daily living.

### **Tai Chi** 60 min. Dave Hurley

A soft, non-violent martial art that brings relaxation and develops coordination and balance. All levels welcome!

### **Vinyasa Flow Yoga** 60 min. Amy Bird

Using a combined art and wisdom from Yoga, Physical Therapy, Pilates and Dynamic Stretching, this class will emphasize improving core strength, balance, coordination, range of motion, breathe, awareness, and mind body proprioception.

### **Yin Yoga** 75 min. Dawn Preston

A passive practice, Yin Yoga involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper levels of fascia.

### **Zumba** 60 min.

Tamera Blades/Kristen Klenk/Kirsten Fogg

This workout includes dance steps from salsa, cha cha, samba, merengue, cumbia, with added hints of calypso, hip hop and belly dancing.

## SPECIALTY CLASSES - Additional Fee Required

### **Indoor Y-Cycling** Instructors vary.

The Y-Cycling program will help make your fitness goals a reality. You will get a heart pounding, low impact workout, regardless of your fitness level.

See schedule for days and times

### **Line Dancing** Debbie Pennesi

2 levels of classes available! This is a form of dance for all abilities and ages and does not require a partner. You will learn popular line dances step by step, focusing mainly on country with some pop music thrown in for fun!

### **Beyond the Basics Line Dancing** 60 min.

Session 1: January 23 – March 3

Session 2: March 26 – April 30

Thursday, 11:30 a.m. – 12:30 p.m.

Annual Members \$25 / 3 Month & Non Members \$35

### **Petite Ballet Dancers (for ages 3 - 5)** 50 min. Michele Cox

Inspired by the classics, this program introduces basic ballet, folk and character steps to the younger dancer.

Session 1: January 7 – Feb. 11

Session 2: Feb. 18 – March 24

Tuesdays, 12:30 – 1:20 p.m.

Annual Members \$40 / 3 Month & Non Members \$60

### **Junior Ballet (for ages 5 - 8)**

Where it all begins! Participants will learn foot positions, connecting turns, and 3-part jump combinations. New enrollment opens late March. Minimum 6 registered participants needed to hold a session.

Saturdays, 2:40 – 3:40 p.m.